

## USDA National Nutrient Database for Standard Reference Release 28

## Full Report (All Nutrients) 16086, Peas, split, mature seeds, cooked, boiled, without salt

Report Date: October 23, 2015 22:27 EDT

Nutrient values and weights are for edible portion.

## Food Group : Legumes and Legume Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor: 3.47 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per 100 g	25	1.521	1 cup 196g	1 tbsp 12.2g
<b>Proximates</b>						
Water	g	69.49	25	1.521	136.20	8.48
Energy	kcal	118	--	--	231	14
Energy	kJ	494	--	--	968	60
Protein	g	8.34	20	0.276	16.35	1.02
Total lipid (fat)	g	0.39	20	0.021	0.76	0.05
Ash	g	0.68	20	0.033	1.33	0.08
Carbohydrate, by difference	g	21.10	--	--	41.36	2.57
Fiber, total dietary	g	8.3	--	--	16.3	1.0
Sugars, total	g	2.90	--	--	5.68	0.35
<b>Minerals</b>						
Calcium, Ca	mg	14	20	0.266	27	2
Iron, Fe	mg	1.29	20	0.074	2.53	0.16
Magnesium, Mg	mg	36	20	1.428	71	4
Phosphorus, P	mg	99	20	5.920	194	12
Potassium, K	mg	362	20	27.305	710	44
Sodium, Na	mg	2	16	0.129	4	0
Zinc, Zn	mg	1.00	20	0.053	1.96	0.12
Copper, Cu	mg	0.181	20	0.009	0.355	0.022
Manganese, Mn	mg	0.396	20	0.010	0.776	0.048
Selenium, Se	µg	0.6	--	--	1.2	0.1
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.4	--	--	0.8	0.0
Thiamin	mg	0.190	20	0.020	0.372	0.023

Nutrient	Unit	1 g			1 cup 196g		1 tbsp 12.2g	
		Value Per 100	Data points	Std. Error				
Riboflavin	mg	0.056	20	0.002		0.110		0.007
Niacin	mg	0.890	20	0.059		1.744		0.109
Pantothenic acid	mg	0.595	8	0.035		1.166		0.073
Vitamin B-6	mg	0.048	8	0.002		0.094		0.006
Folate, total	µg	65	13	14.314		127		8
Folic acid	µg	0	--	--		0		0
Folate, food	µg	65	13	14.314		127		8
Folate, DFE	µg	65	--	--		127		8
Choline, total	mg	32.8	--	--		64.3		4.0
Vitamin B-12	µg	0.00	--	--		0.00		0.00
Vitamin B-12, added	µg	0.00	--	--		0.00		0.00
Vitamin A, RAE	µg	0	--	--		0		0
Retinol	µg	0	--	--		0		0
Carotene, beta	µg	4	--	--		8		0
Carotene, alpha	µg	0	--	--		0		0
Cryptoxanthin, beta	µg	0	--	--		0		0
Vitamin A, IU	IU	7	--	--		14		1
Lycopene	µg	0	--	--		0		0
Lutein + zeaxanthin	µg	0	--	--		0		0
Vitamin E (alpha-tocopherol)	mg	0.03	--	--		0.06		0.00
Vitamin E, added	mg	0.00	--	--		0.00		0.00
Vitamin D (D2 + D3)	µg	0.0	--	--		0.0		0.0
Vitamin D	IU	0	--	--		0		0
Vitamin K (phylloquinone)	µg	5.0	--	--		9.8		0.6
<b>Lipids</b>								
Fatty acids, total saturated	g	0.054	--	--		0.106		0.007
4:0	g	0.000	--	--		0.000		0.000
6:0	g	0.000	--	--		0.000		0.000
8:0	g	0.000	--	--		0.000		0.000
10:0	g	0.000	--	--		0.000		0.000
12:0	g	0.001	--	--		0.002		0.000
14:0	g	0.001	--	--		0.002		0.000
16:0	g	0.042	--	--		0.082		0.005

Nutrient	Unit	1			1 cup 196g	1 tbsp 12.2g
		Value Per 100	Data points	Std. Error		
	g					
18:0	g	0.010	--	--	0.020	0.001
Fatty acids, total monounsaturated	g	0.081	--	--	0.159	0.010
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.077	--	--	0.151	0.009
20:1	g	0.003	--	--	0.006	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.165	--	--	0.323	0.020
18:2 undifferentiated	g	0.137	--	--	0.269	0.017
18:3 undifferentiated	g	0.028	--	--	0.055	0.003
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.093	--	--	0.182	0.011
Threonine	g	0.296	--	--	0.580	0.036
Isoleucine	g	0.344	--	--	0.674	0.042
Leucine	g	0.598	--	--	1.172	0.073
Lysine	g	0.602	--	--	1.180	0.073
Methionine	g	0.085	--	--	0.167	0.010
Cystine	g	0.127	--	--	0.249	0.015
Phenylalanine	g	0.384	--	--	0.753	0.047
Tyrosine	g	0.242	--	--	0.474	0.030
Valine	g	0.394	--	--	0.772	0.048
Arginine	g	0.744	--	--	1.458	0.091
Histidine	g	0.203	--	--	0.398	0.025
Alanine	g	0.367	--	--	0.719	0.045
Aspartic acid	g	0.984	--	--	1.929	0.120
Glutamic acid	g	1.426	--	--	2.795	0.174
Glycine	g	0.371	--	--	0.727	0.045

Nutrient	Unit	1	Value Per100	Data points	Std. Error	1 cup 196g	1 tbsp 12.2g
		g					
Proline	g		0.344	--	--	0.674	0.042
Serine	g		0.367	--	--	0.719	0.045
<b>Other</b>							
Alcohol, ethyl	g		0.0	--	--	0.0	0.0
Caffeine	mg		0	--	--	0	0
Theobromine	mg		0	--	--	0	0
<b>Flavonoids</b>							
Isoflavones							
Daidzein <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">13</a>	mg		0.00	2	--	0.00	0.00
Genistein <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a>	mg		0.01	2	--	0.02	0.00
Total isoflavones <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">13</a>	mg		0.02	2	--	0.03	0.00

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<sup>12</sup>Fukutake, M., Takahashi, M., Ishida, K., Kawamura, H., Sugimura, T., and Wakabayashi, K. Quantification of genistein and genistin in soybeans and soybean products., 1996 Food and Chemical Toxicology 34 pp.457-461

<sup>13</sup>Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. Daidzein and genistein content of vegetables., 2000 Brit. J. Nutr. 84 pp.717-725